Shifting Limiting Beliefs

YOU CHANGE, THE WORLD CHANGES.

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Bible reading
Psalm 25

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Bible reading

Psalm 25

“Guard my life and do not let me be put to shame for I take refuge in you.”

Shifting Limiting Beliefs SHAME

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Shame

—

"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging…
It is an epidemic in our culture and It's hampering our ability to live whole-hearted lives"
Brene Brown

What is the difference between guilt and shame?

Guilt is “I did something bad.”

Shame is “I am bad”

Brene Brown Video

The remedy to Guilt
is the cross.
The remedy to shame
is God’s truth.

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Mistakes

Can be caused by

Shame

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Mistakes

Circumstances

Can be caused by

Shame

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Mistakes

Circumstances

Others words
actions

Can be
caused by

Shame

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Mistakes

Circumstances

Others words
actions

Where we
come from

Can be
caused by

Shame

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Mistakes

Circumstances

Others words
actions

Where we
come from

Can be
caused by

Shame

Can lead to

Isolation

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Mistakes

Circumstances

Others words
actions

Where we
come from

Can be
caused by

Shame

Can lead to

Isolation

Hiding
Running away

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Shame

Can be caused by

- Mistakes
- Circumstances
- Others words actions
- Where we come from

Can lead to

- Isolation
- Hiding Running away
- Bitterness Anger

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Shame

Can be caused by

- Mistakes
- Circumstances
- Others' words actions
- Where we come from

Can lead to

- Isolation
- Hiding Running away
- Bitterness Anger
- Self Reliance Disobedience

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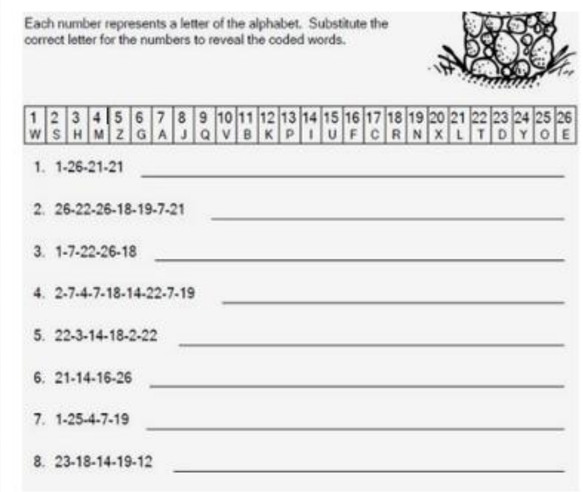
MP1: The Root of Shame can be our Mistakes

John 4

https://www.youtube.com/watch?v=pNxNWv6KZ7s

MP1: The Root of Shame can be our Mistakes

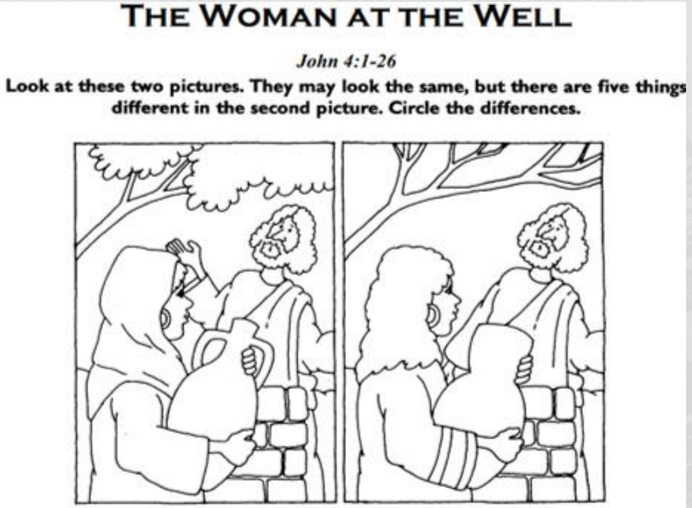
Activity Packs 1



Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
W	S	H	M	Z	G	A	J	Q	V	B	K	P	I	U	F	C	R	N	X	L	T	D	Y	O	E

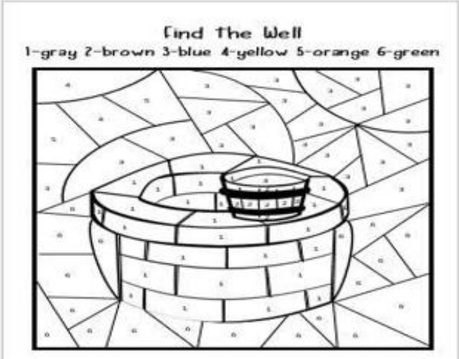
1. 1-26-21-21 _____
2. 26-22-26-18-19-7-21 _____
3. 1-7-22-26-18 _____
4. 2-7-4-7-18-14-22-7-19 _____
5. 22-3-14-18-2-22 _____
6. 21-14-16-26 _____
7. 1-25-4-7-19 _____
8. 23-18-14-19-12 _____



THE WOMAN AT THE WELL

John 4:1-26

Look at these two pictures. They may look the same, but there are five things different in the second picture. Circle the differences.



Find the Well

1-gray 2-brown 3-blue 4-yellow 5-orange 6-green

Find the Path from Judea to Galilee through Sychar in Samaria

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MP1: The Root of Shame can be our Mistakes

"Please, sir," the woman said,
"Give me this water! Then I'll never be thirsty
again, and I won't have to
come here to get water
John 4:15

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MP1: The Root of Shame can be our Mistakes

"Come and see a man who told me everything I ever did!"

John 4:29

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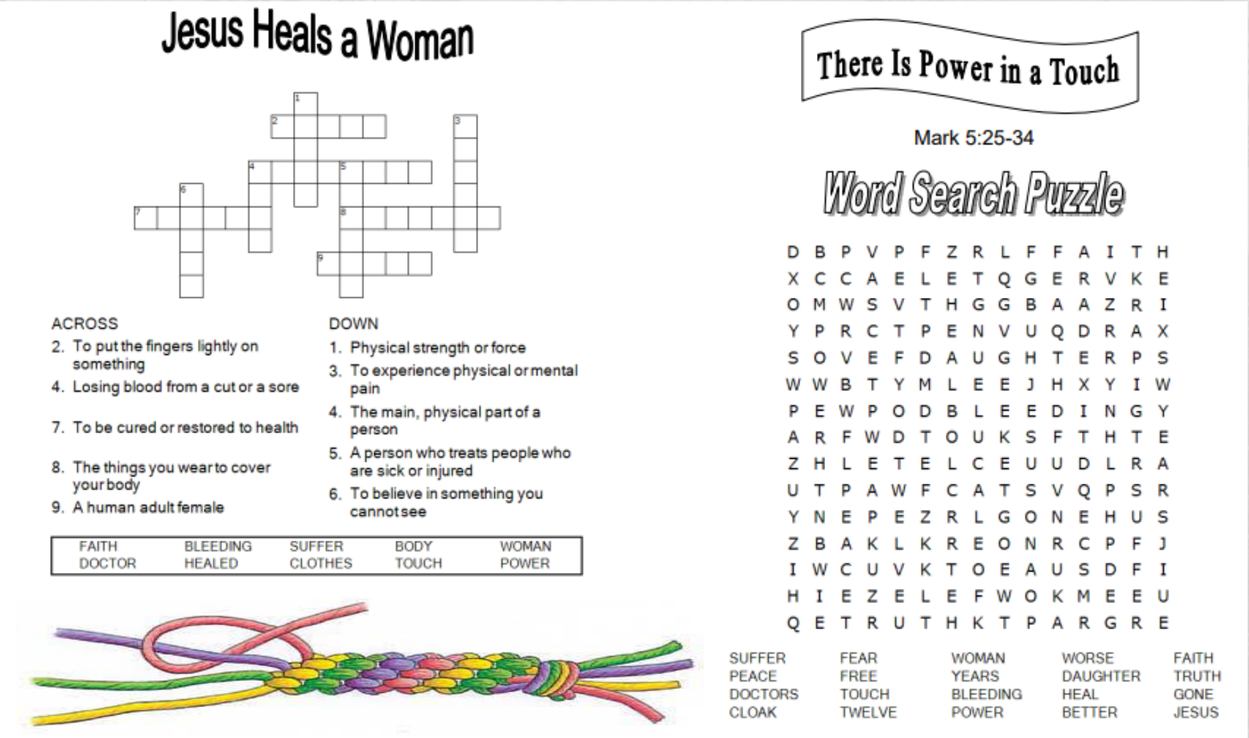
MP2:The Root of Shame can be our circumstances

Mark 5:24-30

Activity Packs 2



Jesus Heals a Woman

ACROSS
2. To put the fingers lightly on something
4. Losing blood from a cut or a sore
7. To be cured or restored to health
8. The things you wear to cover your body
9. A human adult female

DOWN
1. Physical strength or force
3. To experience physical or mental pain
4. The main, physical part of a person
5. A person who treats people who are sick or injured
6. To believe in something you cannot see

FAITH	BLEEDING	SUFFER	BODY	WOMAN
DOCTOR	HEALED	CLOTHES	TOUCH	POWER

There Is Power in a Touch

Mark 5:25-34

Word Search Puzzle

D	B	P	V	P	F	Z	R	L	F	F	A	I	T	H
X	C	C	A	E	L	E	T	Q	G	E	R	V	K	E
O	M	W	S	V	T	H	G	G	B	A	A	Z	R	I
Y	P	R	C	T	P	E	N	V	U	Q	D	R	A	X
S	O	V	E	F	D	A	U	G	H	T	E	R	P	S
W	W	B	T	Y	M	L	E	E	J	H	X	Y	I	W
P	E	W	P	O	D	B	L	E	E	D	I	N	G	Y
A	R	F	W	D	T	O	U	K	S	F	T	H	T	E
Z	H	L	E	T	E	L	C	E	U	U	D	L	R	A
U	T	P	A	W	F	C	A	T	S	V	Q	P	S	R
Y	N	E	P	E	Z	R	L	G	O	N	E	H	U	S
Z	B	A	K	L	K	R	E	O	N	R	C	P	F	J
I	W	C	U	V	K	T	O	E	A	U	S	D	F	I
H	I	E	Z	E	L	E	F	W	O	K	M	E	E	U
Q	E	T	R	U	T	H	K	T	P	A	R	G	R	E

SUFFER	FEAR	WOMAN	WORSE	FAITH
PEACE	FREE	YEARS	DAUGHTER	TRUTH
DOCTORS	TOUCH	BLEEDING	HEAL	GONE
CLOAK	TWELVE	POWER	BETTER	JESUS

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MP2:The Root of Shame can be our circumstances

For she thought to herself

"If I can just touch His robe I will be healed!"

Mark 5:28

"If I can just…"

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MP2:The Root of Shame can be our Circumstances

https://www.youtube.com/watch?v=pYEmdFyWBq8

"Daughter! Son!

Look Up!"

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SHAME

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MP3:The Root of Shame can be the actions of others

MP3:The Root of Shame can be the actions of others

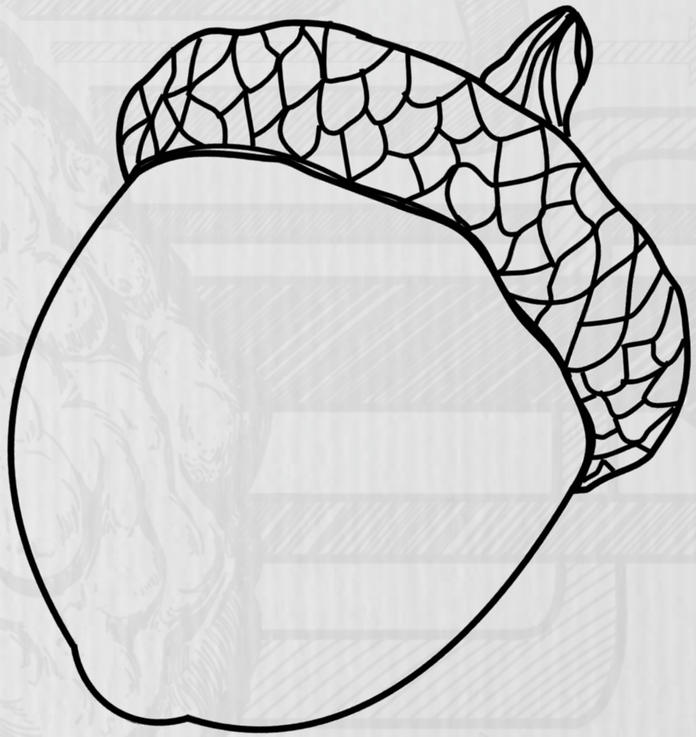
"The Lord has prevented me from having children" Genesis 16:2

G

MP3:The Root of Shame can be actions of others

Genesis 16

In a nutshell!



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MP3:The Root of Shame can be the actions of others

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MP3:The Root of Shame can be the actions of others

She gave Hagar to Abraham

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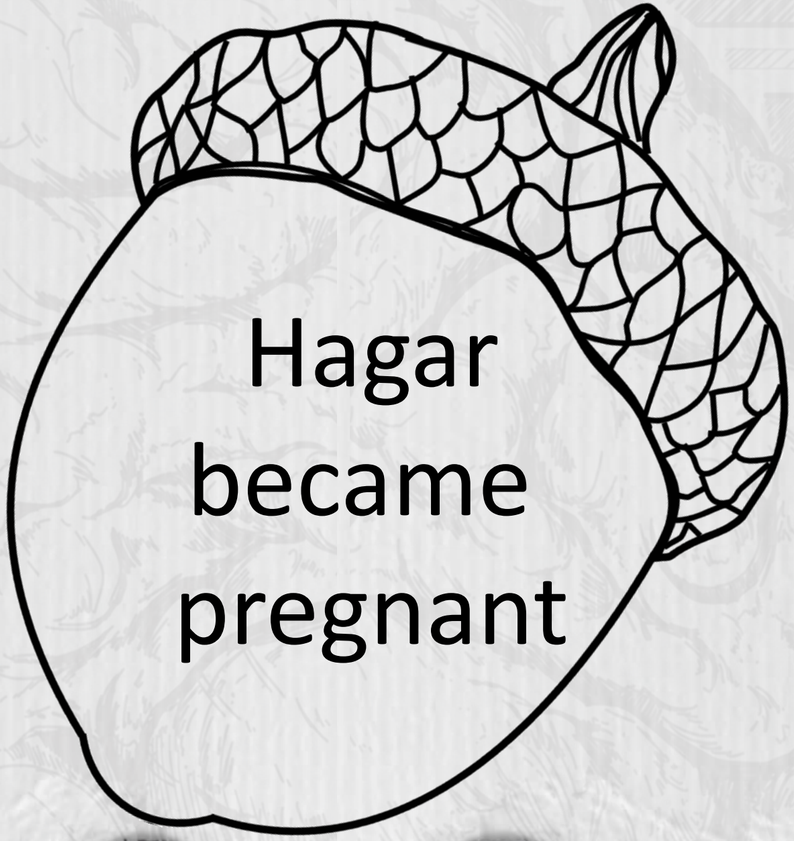
MP3:The Root of Shame can be the actions of others



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MP3:The Root of Shame can be the actions of others

Sarah treated Hagar badly

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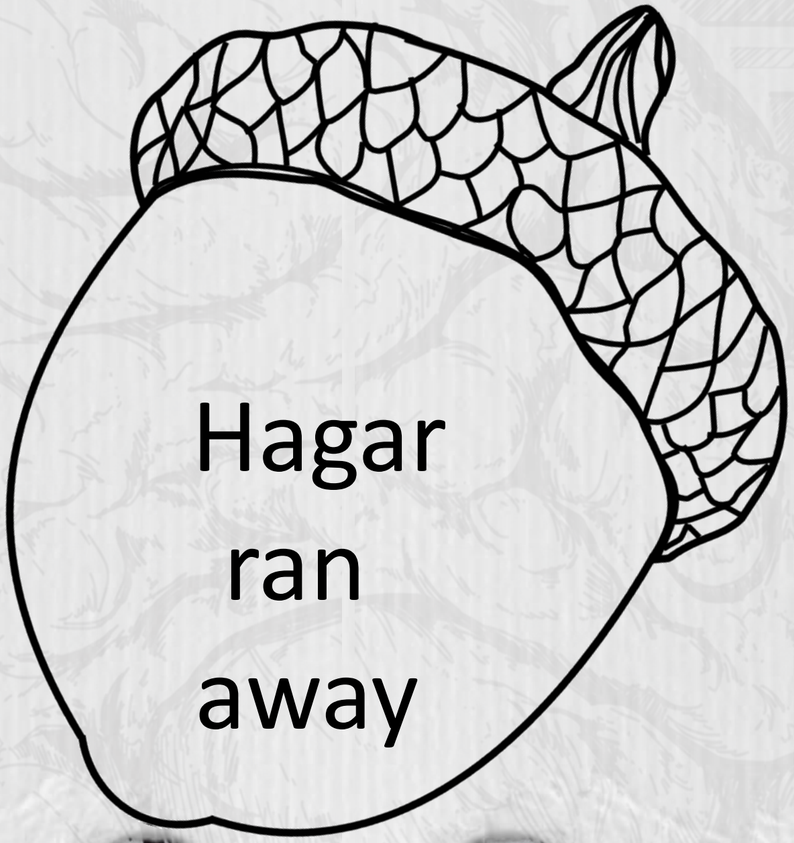
MP3:The Root of Shame can be the actions of others



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MP3:The Root of Shame can be the actions of others

The angel said to her, “Hagar, Sarai’s servant, where have you come from, and where are you going?” Genesis 16:8

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The Root of Shame can be Our Mistakes
The Root of Shame can be our circumstance
The Root of Shame can be the actions of others

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“Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you” Isaiah 54:4

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Where have you come from?

Where are you going?

El Roi-the God who sees says

“Daughter, Son, look up!”

https://www.youtube.com/watch?v=VrJSAW5GuZM